

Weekly Health Talks

URIC ACID IN THE SYSTEM

BY LEO H. SMITH, M. D.

Uric acid is now generally recognized as the cause of more diseases than was heretofore believed. When the kidneys are out of order uric acid accumulates within the body in superabundance. The disordered kidneys do not filter the poisons out of the blood, as they ought to do, and so the poisons remain in the blood and float around until they find a place to lodge, in form of urate salts. The thing to remember is that you may have rheumatism in any part of the body—you may have pains anywhere—your back may ache and your head may be dizzy—but the trouble is not where the pain appears.

The trouble is in the kidneys, and what is the first thing to do? You must get that excess uric acid out of your system, which can be done by taking Anuric Tablets, the splendid remedy which Dr. Pierce, of Buffalo, N. Y., has put on sale in the drug stores at a low price. Anuric Tablets (made double strength), when taken into the system as medicine, have the peculiar power of dissolving the uric acid deposited there. Drop a bit of sugar or salt into hot water, and it will disappear. In precisely the same way do these Anuric Tablets dissolve uric acid. Of course, after ridding the system of uric acid, it may return again unless you eat the right foods and live the right kind of life, but Dr. Pierce will advise you fully on proper food and correct living if you write and ask him. He makes no charge for such advice. Take Anuric Tablets today, by all means, and get that uric acid out of your system. Don't, don't, don't, put the matter off.

Mother Gray's Powders Benefit Many Children

Thousands of Mothers have found MOTHER GRAY'S SWEET POWDERS an excellent remedy for children complaining of Headaches, Colds, Constipation, Feverishness, Stomach Troubles and Bowel Irregularities from which children suffer at this season. These powders are easy and pleasant to take and excellent results are accomplished by their use. Used by Mothers for over 30 years. Sold by Druggists everywhere. Trial package FREE. Address, THE MOTHER GRAY CO., Le Roy, N. Y.

GERMOZONE

The Most Effective Treatment for Poultry, preventive as well as remedial for Scurf, Canker, Swellings, Sores, Head, Diarrhoea, Bowel Troubles, Limberneck, etc. Tablet form per package, postpaid 75c (U. S. D. if desired). Sold by most dealers in both liquid and tablet form. Look out for the name, GEO. H. LEE CO., Dept. 5, Omaha, Neb. A Large Poultry Library, 5 books FREE with package of GERMOZONE, if requested.

FRUIT AND CHEWING TOBACCO FROM FACTORY TO CONSUMER, 50c per 12 oz. package, in lots of 5 packages \$4.00 more, postpaid. Sample Free if you send stamp for postage. Carl H. Mueller, 1, Green Bay, Wis.

HARPS, Violins, all Orch. Instrument Strings. Fine repairing. Stamps gratis. Vonberg, LeMars, Iowa.

W. N. S., SIOUX CITY, NO. 9-1919.

Hunting Laws.

Hunting on Sunday is prohibited in all states and provinces, east of the one hundred and fifth meridian except Wisconsin, Louisiana, Michigan, Texas, Wisconsin and Quebec. Mondays constitute a closed season for waterfowl in Ohio and locally in Maryland and North Carolina; and certain other week days for waterfowl in several favorite ducking grounds in Maryland, Virginia and North Carolina.

"CALLUS CORNS" LIFT RIGHT OFF

Doesn't hurt! Lift any corn or callus off with fingers



Don't suffer! A tiny bottle of Frezzone costs but a few cents at any drug store. Apply a few drops on the corns, calluses and "hard skin" on bottom of feet, then lift them off.

When Frezzone removes corns from the toes or calluses from the bottom of feet, the skin beneath is left pink and healthy and never sore, tender or irritated.

No, indeed.

"I understand he's always up to snuff." "Well, that's nothing to sneeze about."

Often So.

"Who is the comptroller of the currency, pa?"

"Your mother is of mine."

Your Eyes

A Wholesome, Cleansing, Refreshing and Healing Lotion—MURINE for Redness, Soreness, Granulation, Itching and Burning of the Eyes or Eyelids. "Drop" After the Morning, Evening or Cold will win your confidence. Ask Your Druggist for Murine when your Eyes Need Care. M. J. Murine Eye Remedy Co., Chicago

FIRST AND LAST CHURCH SHELLED

Mezieres Victim of Hun Ferocity Even Up to Signing of Armistice.

BELLS ARE CARRIED AWAY

After Suffering in 1521 Its First Attack Sacred Edifice Got Germans' Parthian Shot—Full of Historic Interest.

By M. L'ABBE A. POULIN.
(In the New York Herald.)

Mezieres, Ardennes, France.—It is a fact known to everyone that the Germans, after having desperately begged for the armistice, shelled the town of Mezieres, even up to the exact moment of the beginning of the armistice, cowardly and without any military reason whatever. They aimed especially at the monuments, which were well known to them, as they had occupied the city for four years.

Among the latter the church is especially to be mentioned. It is a fine Gothic flamboyant structure with five naves, the largest and perhaps the most beautiful of the country. This church has had, among other princely visitors, the honor of celebrating the marriage ceremony of Charles IX and Elisabeth of Austria (1570). We make bold to assert that it was "the last of the churches shelled." A fact less known, although not less interesting, is that it was also "the first of the churches to be shelled."

Begun in 1499, it was 22 years old when in 1521 the Imperials besieged Mezieres, defended by Bayard, the knight without fear or reproach. Historians relate that shells were employed for the first time during this siege. The enemy shelled the town for exactly a month, from August 31 until September 27, and one part was entirely destroyed. The monuments as well as the church were struck by the projectiles, as is proved by the archives of the epoch, kept in the depository of the department of Mezieres. Several large holes had to be mended in the roof of the church steeple as "the glass frame of the round of the steeple which had been broken during the siege."

Many Times Bombaraded.

One can notice that the bombardments of this epoch, even compared to those that the history of after times was to note, were not—as certain people might believe—"games of children." The church of Mezieres was, however, to undergo more terrible ones on three different occasions.

Completed with difficulty in 1623, that is to say, a hundred and twenty-seven years after the laying of the foundation stone, it was soon to have lived the golden age of its life. To say nothing of the fire which broke out in its steeple (1682), neither of the acts of vandalism of the revolutionists, which it suffered.

The Prussians shelled it in 1815. An inscription on the wall reminds the reader that it was nearly ruined. It lost its beautiful stained-glass windows of the sixteenth century and the exterior pinnacles were seriously damaged.

aged. Several shells penetrated into the interior, causing a great deal of damage.

Hardly had the damage of 1815 been repaired when a new cloud arose on the horizon and threatened Mezieres in 1870. New invasion, new fears and new ruins for our town on the frontier.

The 31st of December, 1870, and 1st of January, 1871—German Christmas box—the enemy again shelled Mezieres. The church was principally aimed at and was once more the victim of the shells, which spotted the steeple, burst the vaults, broke the sculptures and stained-glass windows.

During nearly forty-seven years these ruins had been repaired. The church of Mezieres had passed the greater part of this great war without damage, but in 1917 and 1918 the Germans took away the five beautiful bells, the most tuneful and the loudest in the country, and what is worse broke the organ in order to get down the bells. But the church itself remained uninjured. It would have been too much luck for our church, the destiny of which seemed united to all our national woes. On November 10, less than twenty-four hours before the armistice, the fury of the retreating enemy poured out in the vile bombardment of Mezieres, which lasted twenty hours. Among other buildings the Church of Our Lady was struck. All the stained-glass windows were either totally or partly broken, and what is more important, the flamboyant mullions of many windows were broken. The church was struck by many bombs, some of which hit the lantern of the steeple, the tower of the signalman. Some struck the top, some the

BRITISH TARS TO DIVIDE MILLIONS

London.—When W. W. Jacobs wrote "Many Cargoes" he had no notion his idea was to be plagiarized, and plagiarized by a great naval war at that. But wars—like women—have strange ways. And not the least strange of them is the working of the department of the British marshal of the admiralty and prize court.

In time of history it was the duty of this highfaluting dignitary to arrange for and attend the execution of prisoners sentenced to death for murder on the high seas. And it is on record that the marshal of the olden time attended the execution of Admiral Byng—a British commander, who was shot on his own quarterdeck, as a penalty for losing a battle. Times have changed. The modern marshal is only a milk and water edition of his sterner prototype. He is the watchman, stevedore, caretaker and guardian angel in chief of all German shipping that has fallen into allied hands during the war, and incidentally, of the British naval prize fund, of which thousands of British jack tars and their officers are now awaiting their share.

The "Many Cargoes" to be divided vary from a priceless emerald to a tin kettle. The gross proceeds of the sale

Put Total War Cost at 450 Billions

London.—The direct cost of the war is estimated at \$200,000,000,000 in a special article in the Daily Telegraph. The author estimates the indirect cost of diminished trade and financial disturbance at \$250,000,000,000.

"Vast sums," he says, "have been used for sheer destruction, and vast public debts have been incurred for which there is no corresponding property. Throughout two-thirds of the world the work of useful production has been suspended during four years and its place has been taken for the slaughter of human lives and annihilation of accumulated wealth."

"But there is a moral aspect to be taken into account. We may at least hope that we have put an end forever to the danger of Prussian militarism. If out of the ruins of the last four years there arises a new, brighter and happier world, then the billions that have been spent will not all have been spent in vain."

vault, some the interior of the counterforts.

Thanks to the armistice, which came just in time to prevent the enemy from destroying Mezieres totally, the damage, though considerable, is not beyond repair. But it is certain, too, that this bombardment is another proof of the insincerity and the savagery of our enemies, and—a fact worth noticing—that our church, the first church to be shelled in history, was also the last.

250 Ships Seized During War.

"The president (Lord Phillimore) has sat every day since he was appointed, and there would appear to be quite another year's work before the court," said the marshal. "Including vessels seized in port upon the outbreak of war, which numbered over 100, about 250 ships have gone into my custody in the United Kingdom."

"Hundreds of thousands of tons of goods of all descriptions—copper, aluminum, metals, wool, cotton, lard, oils and fats, coffee, cocoa, dried fruits, wheat, barley, hides, leather, tobacco, nitrates, zinc concentrates, diamonds, pearls, human hair, false teeth and many other things—all are among the prize captures."

Alluding to the quantities of bonds and securities captured, he said the interception of these securities proved a powerful lever in British hands, causing serious interruption of German trade and damage to German credit.

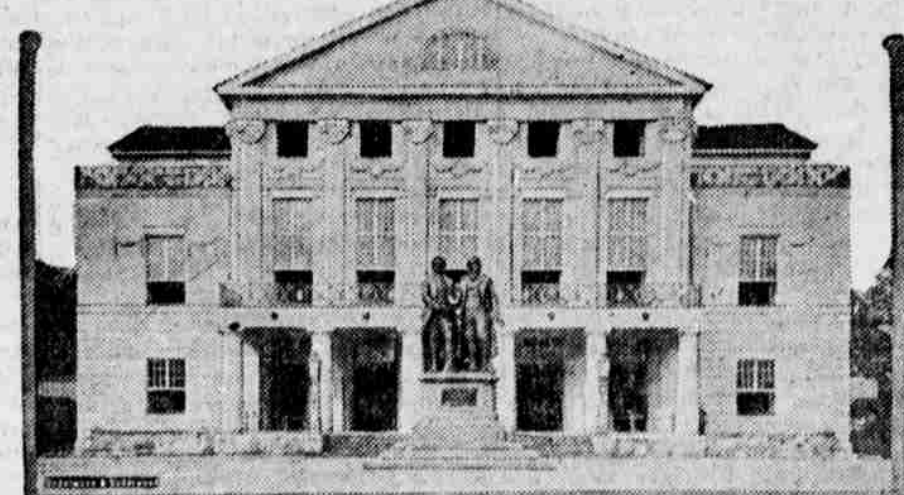
Amusing Incident.

"An amusing incident," said the marshal, "happened in the earliest days of the war, when upon a large enemy vessel, brought in by the navy, some alligators were found. The officer of customs at the port in advising me of the seizure appeared to be very nervous of their presence, some he thought were dead, because their eyes were shut, and some were so much alive."

"The zoological society not being anxious to have them they were sold to a buyer who subsequently toured the provinces, exhibiting them as prize alligators."

"Eighteen months later the owner appeared in the prize proceedings and obtained a release of the proceeds of sale only. He appeared astonished to find that they had been sold. I don't know," said the marshal, "how he expected me to feed and look after the animals for eighteen months. I heard that he expressed himself very forcibly to the innocent purchaser."

WHERE GERMAN ASSEMBLY CONVENED



This is the Royal theater in Weimar, where the German national assembly is in session to try to settle the future government of the country.

Sailor "Human Pendulum," Rescues Girls From Fire

New York.—Five girls and eight men were trapped in a burning loft at No. 377 Fourth avenue. One man was killed and four persons were injured.

There were no fire escapes. Two girls were rescued by a sailor who clung to a telephone wire with one hand and made a pendulum of himself to swing the girls into the arms of a fireman.

Feeds Family Gratis.

Springfield, Ill.—W. C. Dean had a questionable idea when he thought he could take his family for meals without payment at the lunch restaurant where he was manager. That's why the owners are withholding \$15 in back pay to Dean and the latter has instituted court proceedings to obtain it.

HUNS SAFER AT HOME

Coblenz.—When a Chicago Tribune correspondent entered one of the headquarters offices the captain was just completing what appeared to have been an interesting lecture to a German civilian.

"Just take my tip," he said, "and stay right here in Germany where you belong. They are laying for you fellows back in the States, and you are a whole lot safer right here."

"What's the matter with the bird?" asked the correspondent, and the captain explained.

"He's another of those damned hoaxes that we call 'American citizens for convenience.' We have had about a dozen wanting passports to the United States. They were born in Germany, went to the United States and took out citizenship papers, and then, according to their stories, either just happened to be over here when the war started or were forced to return and

Join the German army. Some fought all four years.

"Now they know that hard times are ahead of Germany and want to go back to America, where it is comparatively soft picking. I suppose they will even send American money over to pay the indemnity."

"There are others who merely took their first papers and quit right there without a thought of becoming citizens. It was merely convenient for them to be able to say they had applied for citizenship. They also say they love the United States better than Germany, but don't you believe it. You don't hear of any refusing to turn their machine guns on American troops."

A number of German women also have been told things would not be pleasant for them in America.

The girl who can hold her tongue never lacks for a man to hold her hand.

WRIGLEYS

The Greatest Name in Goody-Land

YOU know the realm of childhood dreams is a land of sweets.

Make some of those dreams a delightful reality by taking home **WRIGLEYS** frequently.

How about tonight?

SEALED TIGHT KEPT RIGHT

The Flavor Lasts!

WRIGLEYS SPEARMINT THE PERFECT GUM LASTS MILD MINT FLAVOR

WRIGLEYS DOUBLEMINT THE PERFECT GUM LASTS MILD MINT FLAVOR

WRIGLEYS FRUIT THE PERFECT GUM LASTS MILD MINT FLAVOR

Grow Wheat in Western Canada One Crop Often Pays for the Land

Western Canada offers the greatest advantages to home seekers. Large profits are assured. You can buy on easy payment terms.

Fertile Land at \$15 to \$30 per Acre—land similar to that which through many years has averaged from 20 to 45 bushels of wheat to the acre. Hundreds of cases are on record where in Western Canada a single crop has paid the cost of land and production. The Governments of the Dominion and Provinces of Manitoba, Saskatchewan and Alberta want the farmer to prosper, and extend every possible encouragement and help to Grain Growing and Stock Raising.

Though Western Canada offers land at such low figures, the high prices of grain, cattle, sheep and hogs will remain.

Loans for the purchase of stock may be had at low interest; there are good shipping facilities; best of markets; free schools; churches; splendid climate; low taxation (none on improvements).

For particulars as to location of lands for sale, maps, illustrated literature, reduced railway rates, etc., apply to Dept. of Immigration, Ottawa, Can., or G. A. COOK, DRAWER 197, WATERTOWN, S. DAK.; R. A. GARRETT, 311 JACKSON ST., ST. PAUL, MINN. Canadian Government Agents

He Knew.

Mrs. O'Houllihan (at the employment agency)—Now, phwat I'd like to get is a place wid a nice widdle lady wid four or six young daughters. Sure and Oi wouldn't mind helpin' the young ladies wid their washin'.

The Manager—But you've had no experience, Mrs. O'Houllihan.

Mrs. O.—And how did yez know Oi had no experience?

The Manager—Because if you did, you wouldn't be asking for that kind of a place.

Well, There's Roses and Roses.

Myrt—Gert boasts that she has a complexion like a rose.

Mabel—Uh, huh; an artificial rose.

Particulars Wanted.

Gertrude—"Has Alice been engaged long?"

Marguerite—"to whom?"—Boston Globe.

Dicky's Wish.

It was Dick's first day at school. During the afternoon, he began crying and the teacher asked him what the trouble was. Like so many, he was homesick.

"Well, Dick," the teacher said kindly, "you may go home."

"No," he sobbed, "I don't want to go home, but I wish I was there."

If you use Red Cross Ball Blue in your laundry, you will not be troubled by those tiny rust spots, often caused by inferior bluing. Try it and see.

One Exception.

"There is nothing so rare as a thoroughly good man." "Oh, yes, there is. It's the way our cook broils steak."

In Turkey husbands are deserting their wives and girls are being sold for a few shillings.

SAFE, GENTLE REMEDY CLEANSSES YOUR KIDNEYS

For centuries GOLD MEDAL Haarlem Oil has been a standard household remedy for kidney, liver, bladder and stomach trouble, and all diseases connected with the urinary organs. The kidneys and bladder are the most important organs of the body. They are the filters, the purifiers of your blood. If the poisons which enter your system through the blood and stomach are not entirely thrown out by the kidneys and bladder, you are doomed.

Weakness, sleeplessness, nervousness, dizziness, backache, stomach trouble, headache, pain in loins and lower abdomen, gall stones, gravel, difficulty when urinating, cloudy and bloody urine, rheumatism, sciatica and lumbago, all warn you to look after your kidneys and bladder. All these indicate some weakness of the kidneys or other organs or that the enemy microbes which are always present in your system have attacked your weak spots. GOLD MEDAL Haarlem Oil Capsules are what you need.

They are not a "patent medicine," nor a "new discovery." For 200 years they

have been a standard household remedy. They are the pure, original imported Haarlem Oil your great-grandmother used, and are perfectly harmless. The healing, soothing oil soaks into the cells and lining of the kidneys and through the bladder, driving out the poisonous germs. New life, fresh strength and health will come as you continue the treatment. When completely restored to your usual vigor, continue taking a capsule or two each day; they will keep you in condition and prevent a return of the disease.

Do not delay a minute. Delays are especially dangerous in kidney and bladder trouble. All druggists sell GOLD MEDAL Haarlem Oil Capsules. They will refund the money if not as represented. GOLD MEDAL Haarlem Oil Capsules are imported direct from the laboratories in Holland. They are prepared in correct quantity and convenient form, are easy to take and are positively guaranteed to give prompt relief. In three sizes, sealed packages. Ask for the original imported GOLD MEDAL. Accept no substitutes.—Adv.